



## Go! Get your Vitality Check!

### Keep your LivingWell Promise

If you chose a LivingWell health plan for 2016, take your Vitality Check or Health Assessment by May 1. Area health departments are making it easy! Attend one of the screenings and keep your promise!

The Vitality Check (biometric screening) consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The Health Assessment is an online survey. Sign in to HumanaVitality at [LivingWell.ky.gov](http://LivingWell.ky.gov).

### Attend a local screening

- No appointment necessary.
- Take your HumanaVitality ID card. Your HumanaVitality member ID number is on this card and will be used when you get your Vitality Check.
- Bring a photo ID.
- Fast for at least nine hours prior to your appointment.

### Proof of completion

Hold on to your Vitality Check results form for immediate proof of completion. You can also log in to HumanaVitality, hover over "Get Healthy," and click "Achievement Dashboard." Click "Download as PDF" to save a document that can serve as proof of completion. Vitality Checks may take 4-6 weeks to appear following your screening date. Your online Health Assessment should appear on the Achievement Dashboard within 24 hours.

### Get rewarded

HumanaVitality rewards you for completing your promise. Receive 2,000 Vitality Points just for completing the Vitality Check, and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment by logging in to HumanaVitality at [LivingWell.ky.gov](http://LivingWell.ky.gov).

## Locations

### Logan County Health Dept.

151 South Franklin Street  
Russellville

April 5, 2016

8:30-10 a.m.

Contact: [Selina Blick](#)

### Simpson County Health Dept.

1131 South College Street  
Franklin

April 6, 2016

8:30-10 a.m.

Contact: [Selina Blick](#)

### Butler County Health Dept.

104 North Warren Street  
Morgantown

April 7, 2016

9:30-11 a.m.

Contact: [Selina Blick](#)

270.726.8341 ext. 111 or

Contact: Brandy Trimble

270.726.8341 ext. 112

### Barren County Health Dept.

318 West Washington Street  
Glasgow

April 7 and 8, 2016

8-10 a.m.

Contact: [Stephanie Dickerson](#)

### Barren River District Health Dept.

1109 State Street  
Bowling Green

April 12-14, 2016

8-10:30 a.m.

Contact: [Lisa Johnson](#)

Can't make this event? Screenings are offered at no cost to you at a number of convenient locations. [Find locations here.](#) If you have your Vitality Check done at your primary care physician, an office co-pay may apply, and you must submit proof to HumanaVitality. [Find the form here.](#)

Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) for all your wellness benefits.

**KENTUCKY** PERSONNEL



Questions?  
[Contact Us](#)